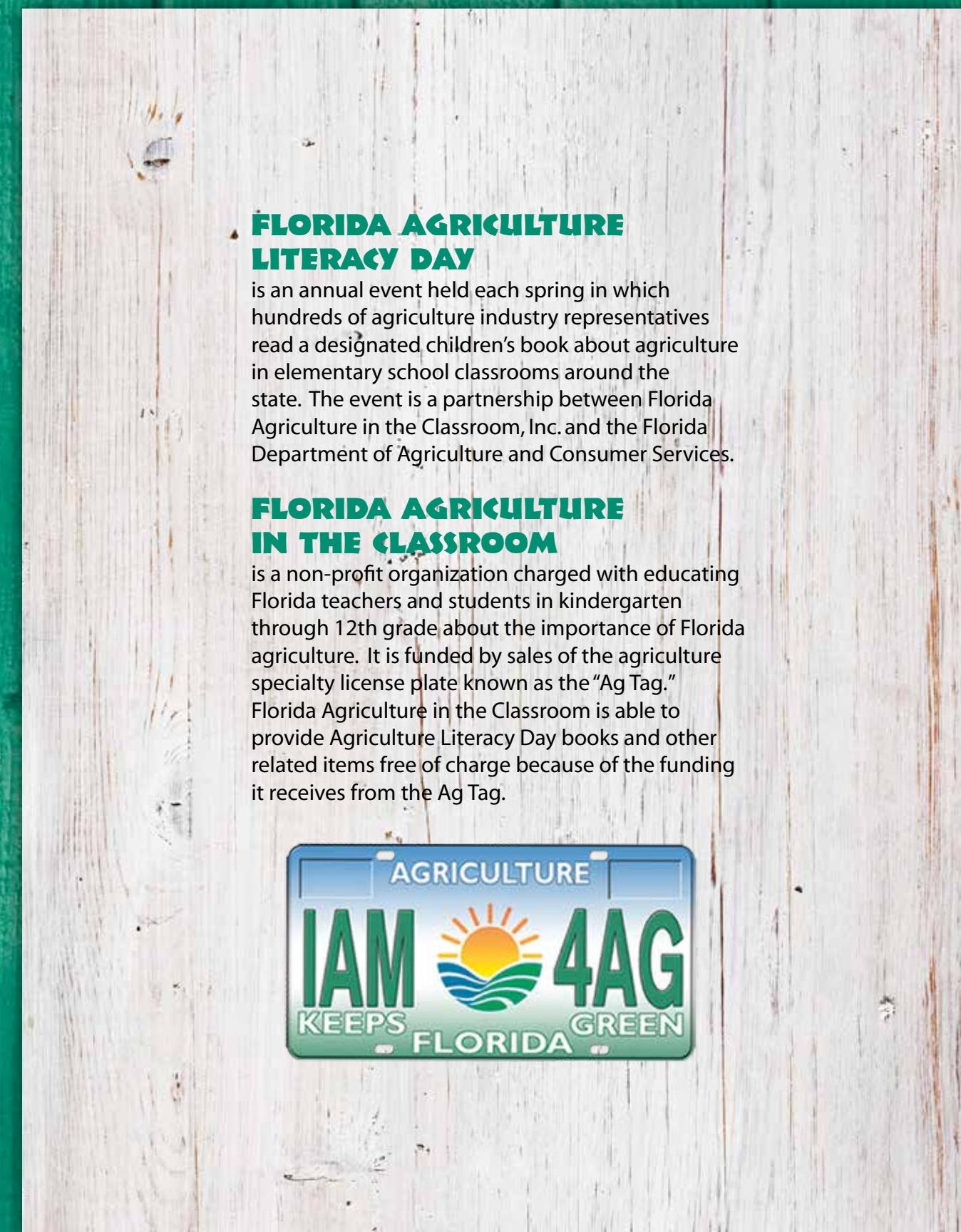




DRIVE THROUGH FLORIDA VEGETABLES

A Florida Agriculture Literacy Day Book





DRIVE THROUGH FLORIDA VEGETABLES

A Florida Agriculture Literacy Day Book

Written by
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Florida Department of
Agriculture and Consumer Services

Commissioner Adam H. Putnam



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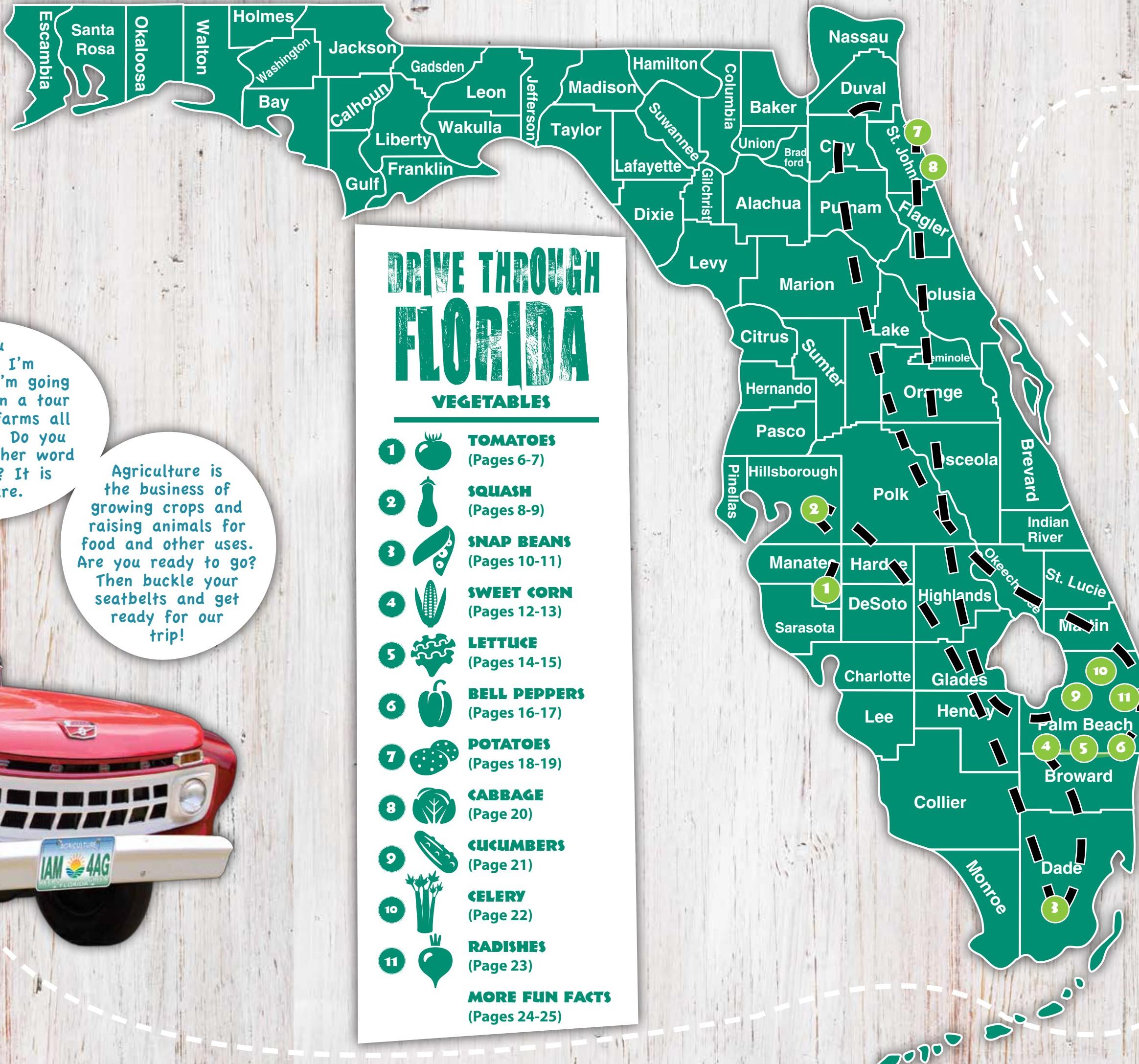
Special thanks to Florida Farm Bureau's Women's Committee for its support.

HIT THERE!



Do you know me? I'm Ole Red and I'm going to take you on a tour of vegetable farms all over Florida. Do you remember another word for farming? It is agriculture.

Agriculture is the business of growing crops and raising animals for food and other uses. Are you ready to go? Then buckle your seatbelts and get ready for our trip!





FUN FACTS

FLORIDA TOMATOES ARE GROWN ON BETWEEN **30,000 AND 40,000 ACRES OF LAND EACH YEAR.**

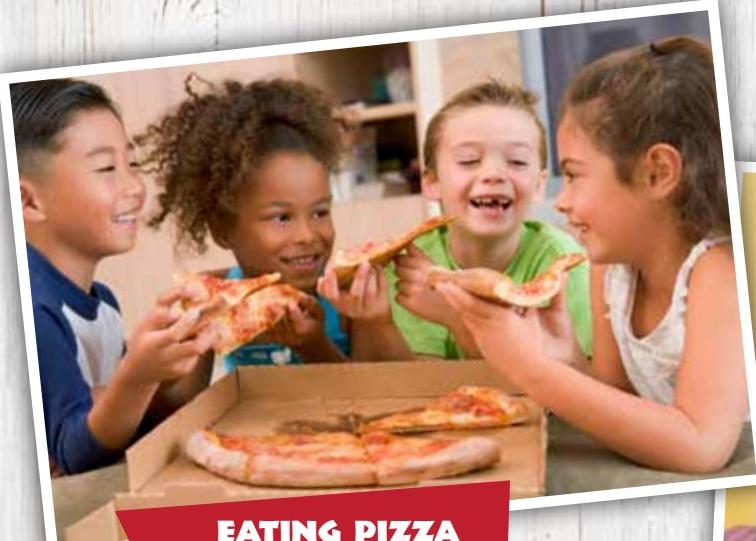


AMERICANS CONSUME 75% OF ALL TOMATOES AS SALICES, SALSAS AND KETCHUP.



SCIENTISTS CALL TOMATOES A **FRUIT**, BUT COOKS CALL THEM A **VEGETABLE**.

TOMATOES



EATING PIZZA



FRENCH FRIES AND KETCHUP

Can you imagine eating a pizza without tomato sauce or French fries without ketchup? We don't have to worry because we are number one in the nation for fresh tomatoes.

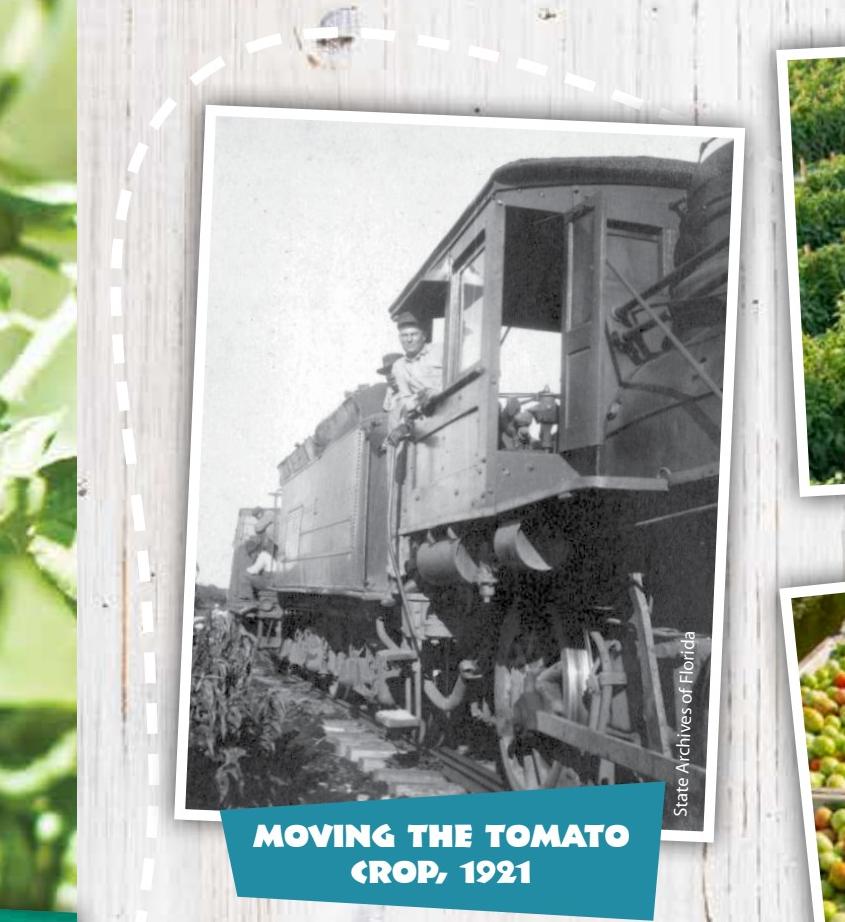
Today we know that tomatoes are healthy and delicious. But did you know that early colonists thought that tomatoes were poisonous because they were bright red?



TOMATOES GROWING ON PLANT



Little by little, people realized how great they tasted.



MOVING THE TOMATO CROP, 1921



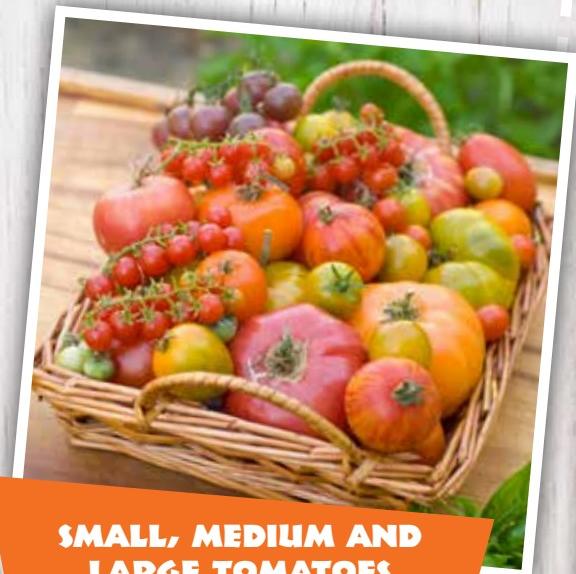
TOMATO PLANTS IN FIELD



HARVESTED



SORTING TOMATOES



SMALL, MEDIUM AND LARGE TOMATOES

In the 1800s, Florida farmers started to send tomatoes by railroad or boat to the north.

Now we send fresh tomatoes all over the United States, and to Canada and other countries.

We grow so many tomatoes in Florida that if you harvested them all at the same time they would weigh more than one billion pounds.

Tomatoes love our sunshine! We grow them in the winter months when it is too cold in many other states.

With all this sunny weather, Florida grows many different kinds of tomatoes – small, medium and large.

And the more sun the tomato gets, the sweeter it is!

FUN FACTS

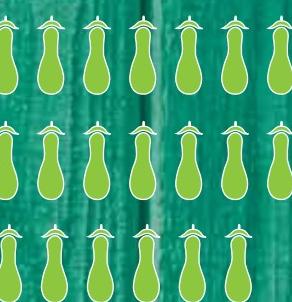


THE SHELLS
FROM WINTER SQUASH
CAN BE USED
AS CONTAINERS.

SQUASH COMES IN MANY
COLORS
INCLUDING YELLOW,
TAN, PURPLE, BLUE,
WHITE, GREEN AND
ORANGE.



THERE ARE OVER
20
DIFFERENT TYPES
OF SQUASH.



SQUASH



UF/IFAS File Photo

**CHECKING SQUASH PLANT
FOR PESTS**



9,000 FOOTBALL FIELDS

Squash isn't just something we eat; it is also the name of a sport, or something you might do to bugs.

But the name for the vegetable comes from the Indian word askutasquash (ah-skoot-ah-skwosh), meaning "eaten raw or uncooked."

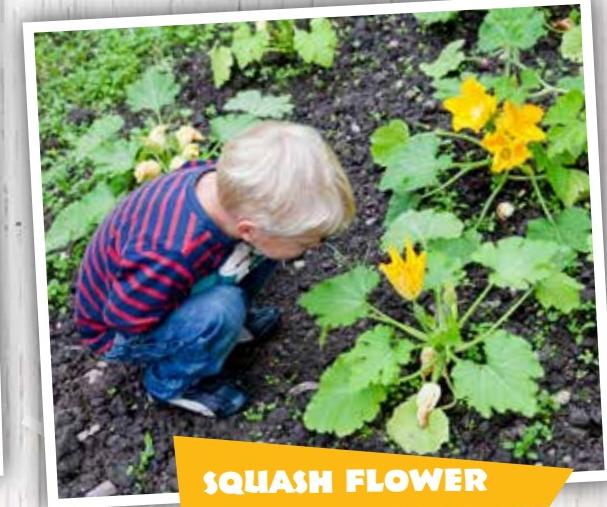
Florida is the number one squash growing state because squash likes the heat and we have plenty of it. Florida farmers grow squash on more than 9,000 acres of land. (An acre is about the size of a football field.)

askutasquash

(ah-skoot-ah-skwosh),
meaning "eaten raw or uncooked."



SUMMER SQUASH



SQUASH FLOWER



**WINTER SQUASH IS
USED IN PUMPKIN PIES**



WINTER SQUASH

Did you know that a flower can be a male or female? Squash plants have male and female flowers on the same plant. They must be pollinated and growers pay beekeepers to have bee colonies do the work!

There are different types of squash – winter and summer. Both winter and summer squash can be grown in Florida but we grow more summer squash than winter squash.

Did you know that the pumpkin is in the same family as the yellow squash? And many pumpkin pies are made from winter squash. What would Thanksgiving be without them!

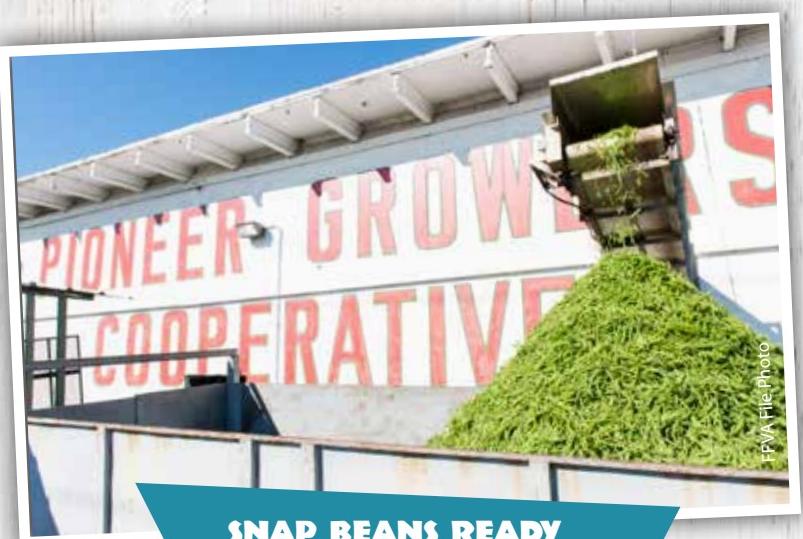
FUN FACTS



SNAP BEANS DO NOT LIKE THE COLD. THEY WILL BE DAMAGED WHEN THE WEATHER FALLS BELOW 28 DEGREES.



SNAP BEANS



SNAP BEANS READY FOR SHIPMENT

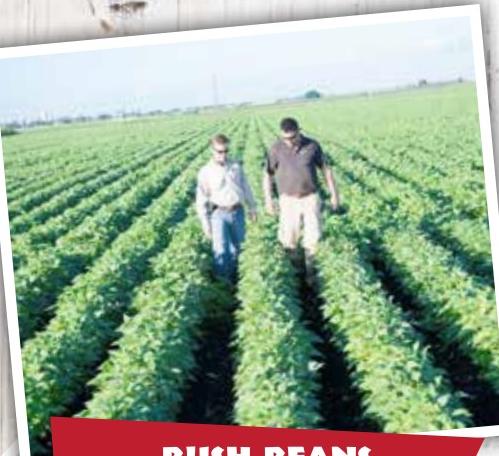
Do you know why we call them snap beans? Because they snap when bent. But whether you call them snap beans, string beans or green beans, they are all the same.

MIAMI-DADE



THREE SISTERS OF GARDENING

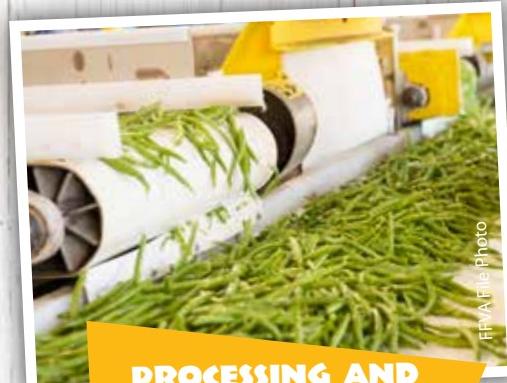
Have you ever heard of the "three sisters of gardening?" American Indians planted corn, snap beans and squash together. As they grow, they support each other just like sisters.



BUSH BEANS IN THE FIELD



ON THE VINE



PROCESSING AND SORTING



SNAP BEAN PLANT



PREPARING SNAP BEANS FOR DINNER

SPILL

THE BEANS – IS A PHRASE USED WHEN DESCRIBING SOMEBODY WHO TELLS A SECRET OR THE TRUTH.

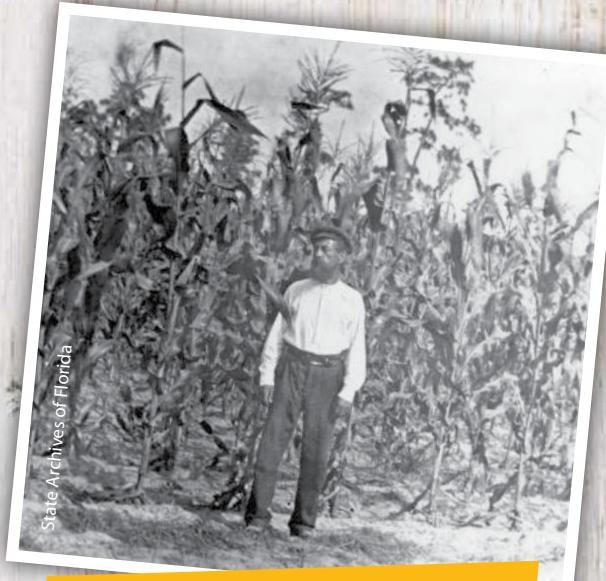
SNAP BEANS WILL CONTINUE TO COOK AFTER YOU REMOVE THEM FROM BOILING WATER.



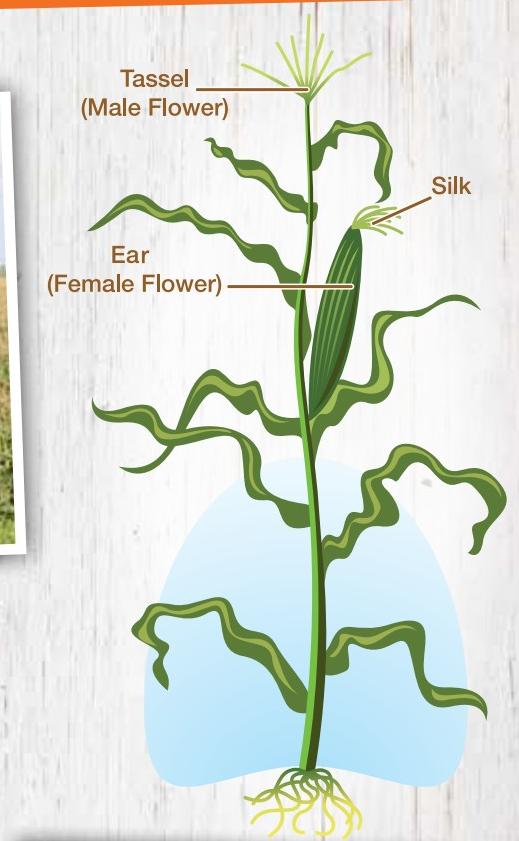
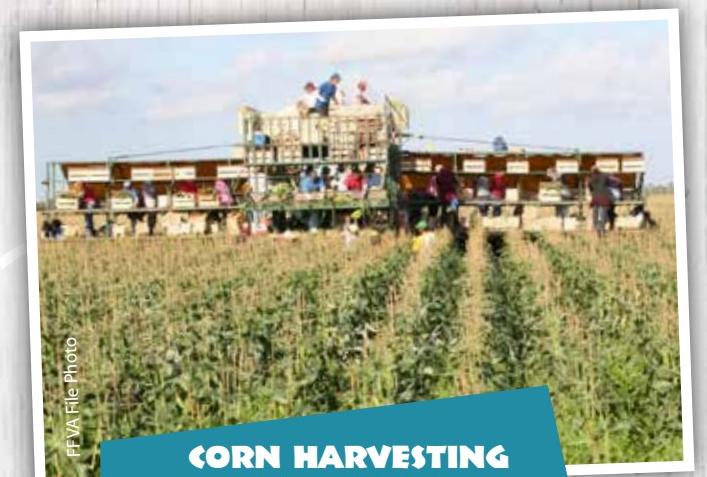


Do you like corn at summer barbeques?

When the first Spanish and French settlers came to the new world they learned how to grow Indian corn or maize from the American Indians.



By the 1800s most Florida settlers grew their own corn to feed themselves and their livestock.



So enjoy all the sweet corn that you like, we have plenty.

FUN FACTS

TO GET A CORN COB FULL OF KERNELS EACH SILK NEEDS TO BE POLLINATED WITH POLLEN FROM THE TASSEL.



THE SILK IS THE FEMALE PART OF THE PLANT. THE MALE IS THE TASSEL ON THE TOP OF THE PLANT.

PEOPLE USED PARCHED CORN KERNELS AS A COFFEE SUBSTITUTE DURING THE CIVIL WAR.



SWEET CORN IS A WHOLE GRAIN FOOD, HIGH IN FIBER AND LOW IN FAT.





FUN FACTS

AMERICANS EAT
30
POUNDS OF LETTUCE
PER PERSON
EVERY YEAR.

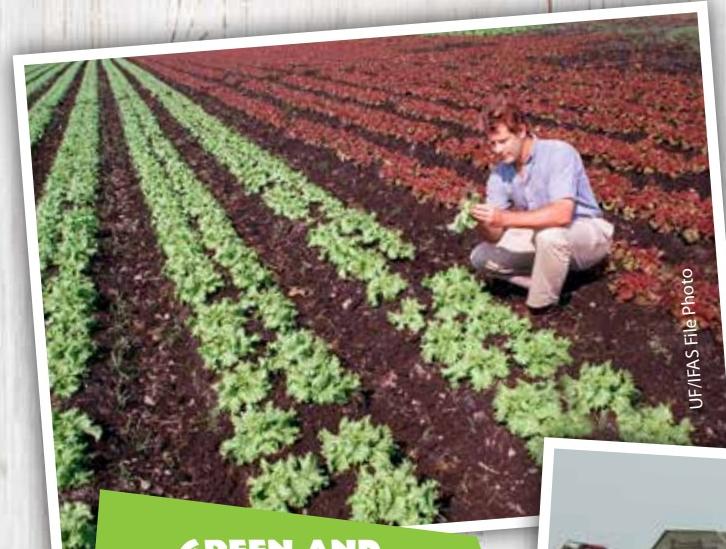


LETTUCE IS A
MEMBER OF
THE SUNFLOWER
FAMILY.



LETTUCE LEAVES THAT
ARE DARKER IN
COLOR CONTAIN MORE
VITAMINS
AND MINERALS THAN THE
PALER COLOR VARIETIES.

LETTUCE



GREEN AND
RED LEAF LETTUCE



PACKING LETTUCE



PALM BEACH

Lettuce can grow in many different soils, but it really likes the muck soil near Lake Okeechobee.

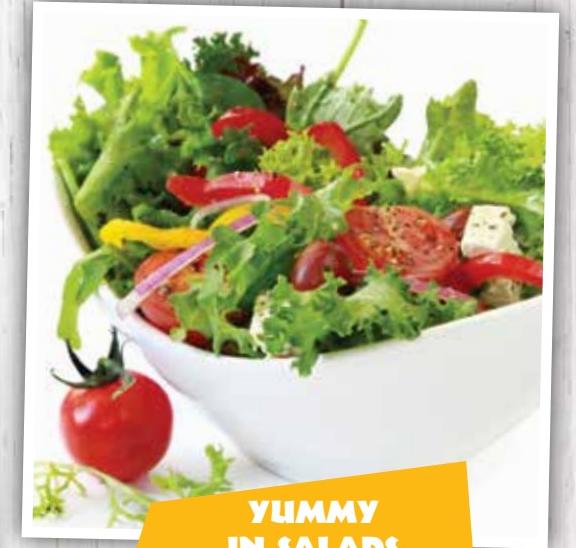
Lettuce is a cool season crop. It is sometimes grown on the same land as sweet corn, which is called crop rotation.



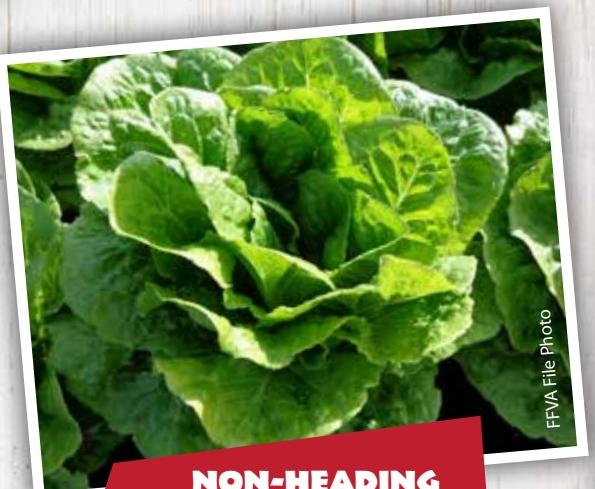
There is a lot growing in Palm Beach County. Our next stop is a lettuce farm!



CRUNCHY
IN SANDWICHES



YUMMY
IN SALADS



NON-HEADING
LETTUCE



HEADING LETTUCE



HARVESTING IN
THE FIELD

Lettuce is another great Florida vegetable that keeps us healthy. Without it we wouldn't have salads to eat and sandwiches would not crunch when we take a bite. That would not be much fun.

There are two types of lettuce: non-heading and heading lettuce. Florida farmers grow more non-heading lettuce.

Romaine and leaf lettuce are grown the most in Florida. These are non-heading lettuces. They like Florida's warmer weather and have lots of vitamins.

Iceberg lettuce is a heading variety of lettuce. These types of lettuces get their name because they are shaped like your head.

Farmers use over 9,900 acres of land from 87 different farms to grow all the different kinds of lettuce. That's a lot of lettuce!



BELL PEPPERS



STUFFED WITH MEAT



GRILLED ON SKEWERS



You can eat them fresh, grilled, pan-fried or stuff them with meat or rice for baking.



GREEN, YELLOW AND RED PEPPERS

A bell pepper may look like a bell, but it does not sound like a bell. Bell peppers get their name because they have three or four lobes on the bottom and a handle like a bell.

Do you know that a green, yellow, and red bell pepper are all the same pepper? Peppers get sweeter and milder tasting as they change in color from green to red and get riper on the plant.

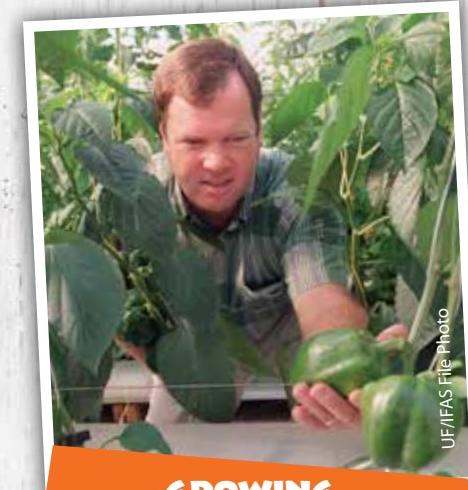
Do you hear that bell ringing?
Let's stay here in
Palm Beach County
to learn about
bell peppers.



PEPPER PLANT



CLEANING AND PROCESSING



GROWING HYDROPONIC PEPPERS



PEPPERS IN THE FIELD

FUN FACTS



BELL PEPPERS ARE COUSINS TO PIMENTOS AND CAYENNE PEPPERS.

PAPRIKA IS A SPICE MADE FROM DRIED PEPPERS.



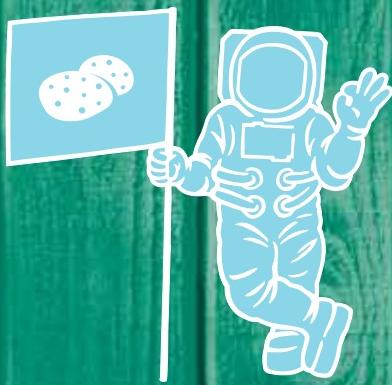
PEPPERS CAN ALSO BE BROWN, PURPLE, MAROON OR WHITE.



FUN FACTS



THE POTATO WAS THE
FIRST
VEGETABLE TO BE
GROWN IN SPACE.



AMERICANS EAT AN
AVERAGE OF
125
POUNDS OF POTATOES PER
PERSON EACH YEAR.

THOMAS JEFFERSON
INTRODUCED
FRENCH FRIES
TO THE UNITED STATES
OF AMERICA.



POTATOES



WAGON OF POTATO
BARRELS, 1910S

In 1890, Thomas Horace Hastings wanted to grow vegetables to sell to hotels near St. Augustine.

He tried many different crops, but Irish potatoes grew the best. Today, the town of Hastings is known as Florida's Potato Capital.



NEW HARVESTING
MACHINE, 1947



MODERN
MACHINERY



GOLD POTATOES



POTATO PLANT



RED POTATOES



BAKED POTATO



FRENCH FRIES



Lots of people like potatoes, and Florida farmers harvest over 35,000 acres of potatoes each year. That's about 26,000 football fields!

Potatoes grow underground during cooler weather as tubers at the ends of stems. They are grown for both the fresh market and to make potato chips.

What do we do with all those fresh potatoes? We make potato salad, baked potatoes, mashed potatoes, French fries...I could go on and on.



CABBAGE



CABBAGE IN THE FIELD



COLE SLAW AND
EGG ROLLS

Thanks to St. Johns and Flagler counties, Florida ranks number three in cabbage production in the United States. That's good news because you can't have coleslaw, sauerkraut or egg rolls without cabbage! And don't forget St. Patrick's Day when people like to eat corned beef and cabbage.

Cabbage can be green or red, but we grow mostly green cabbage. Each year, Florida farmers grow cabbage on nearly 9,000 acres.



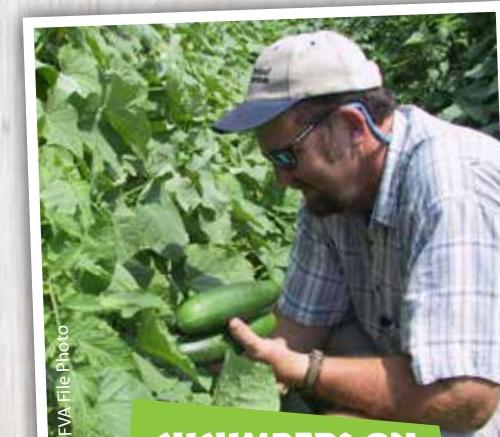
READY FOR THE
STORE



LOADED FOR
PACKING



CUCUMBERS



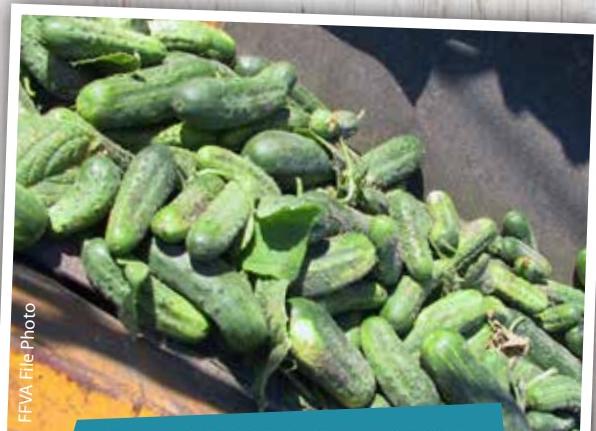
CUCUMBERS ON
THE VINE



HARVESTING
CUCUMBERS



PALM BEACH



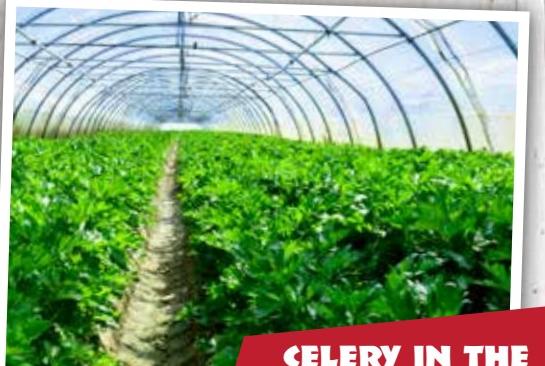
READY FOR CLEANING
AND PACKING

Why do some people say they are "as cool as a cucumber?" Cucumbers are about 96 percent water, which will keep you very cool.

Cucumbers grow on vines. They need a lot of space to spread out and need to be watered every week.



CELERY



CELERY IN THE GREENHOUSE



Celery takes six months to grow. It spends the first three months in a greenhouse and then three months in the field. That's a long time to wait, but farmers think it's worth it. It grows best on the shores of Lake Okeechobee, in South Florida in an organic soil called muck.



HARVESTING CELERY



READY FOR SHIPMENT



RADISHES



Radishes are another muck-loving Palm Beach county crop.



JUST PICKED



RADISH SALAD



RADISHES ARE THE ROOT

Farmers plant 6,000 acres of radishes each year. Radishes are fast growers and can be harvested in three to six weeks after planting.

MORE FUN FACTS



Please help me remember all of these important facts!



TOMATOES

can be small, medium and large. They are used fresh, or in salsas, ketchup and pizzas.

NUTRITION INFORMATION

Potassium, vitamins A and C

AVAILABILITY

October through June



SQUASH

Florida farmers grow winter and summer squash. Winter squash is used in pumpkin pies.

NUTRITION INFORMATION

Potassium, vitamins C, A and B6

AVAILABILITY

Summer squash: October through May
Winter squash: Early fall through winter



SNAP BEANS

are long and green. They snap when bent. They are used in Thanksgiving dinners all over the country.

NUTRITION INFORMATION

Folate, vitamins A, C and K

AVAILABILITY

November through May



SWEET CORN

is much sweeter now than it used to be. It is great at summer barbeques.

NUTRITION INFORMATION

Fiber, folate, thiamin, vitamin C

AVAILABILITY

October through June



LETTUCE

is used in healthy salads and crunchy sandwiches. Florida farmers grow leaf lettuce and head lettuce.

NUTRITION INFORMATION

Leaf lettuce: vitamins A and K
Head lettuce: vitamin K

AVAILABILITY

December through April



BELL PEPPERS

can be green, yellow or red. You can eat them fresh, grilled, pan fried or stuffed for baking.

NUTRITION INFORMATION

Vitamins A, C and B-6

AVAILABILITY

November through May



POTATOES

can be red, gold or white. We eat potato salad, baked potatoes, mashed potatoes, and potato chips.

NUTRITION INFORMATION

Potassium, niacin, vitamins B-6 and C

AVAILABILITY

February through June



CABBAGE

is usually green, but sometimes it is red. It is used in egg rolls, sauerkraut and cole slaw.

NUTRITION INFORMATION

Vitamins K and C

AVAILABILITY

December through May



CUCUMBERS

can be eaten fresh or as pickles.

NUTRITION INFORMATION

Vitamins K and C

AVAILABILITY

October through December, March through May



CELERY

is eaten in turkey stuffing or as a snack with peanut butter or cream cheese.

NUTRITION INFORMATION

Folate, vitamins A and K

AVAILABILITY

December through May



RADISHES

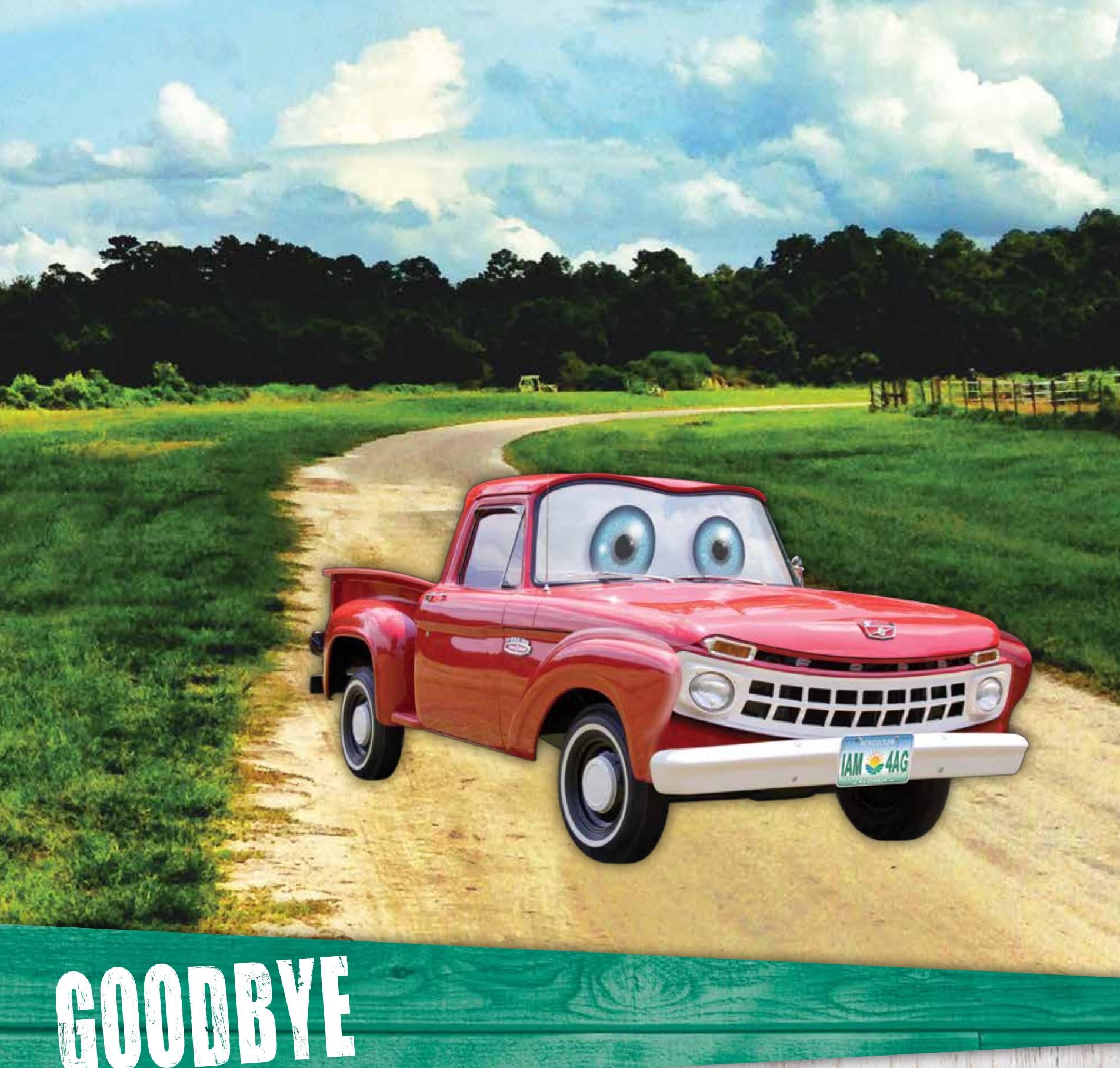
look like tomatoes with tails. They are eaten in salads or cooked dishes.

NUTRITION INFORMATION

Potassium, vitamin C

AVAILABILITY

November through May



GOODBYE

We've come to the end of our trip. Now you know some yummy vegetables that grow in

Florida and how they are used in many of our favorite dishes. Be sure to look for "Fresh From

Florida" vegetables at the grocery store, farmers markets and in restaurants. See you next year!

DEFINITIONS

ACRE: A unit of land area equal to 4,840 square yards.

BEE COLONIES: Large assemblies of bees, including a queen bee, and in the summer, hundreds or thousands of worker bees that cooperate in nest building and food collection.

BENEFIT: Something good, an improvement.

BUSHEL: A unit of measure equal to 64 US pints (35.2 liters), which is used for dry goods.

CAPITAL: The most important city or town of a country or region, usually its seat of government and administrative center.

CASSEROLE: A mix of food baked and served in a deep dish.

COMMERCIALLY: A word used to describe items that are bought and sold by businesses.

CONSERVING: Using or managing (natural resources) wisely.

COLONISTS: A group of people who leave their native country to form a settlement in a new land.

CONDITIONS: The way things are at a certain time or in a certain place.

CROP ROTATION: The system of varying successive crops in a definite order on the same ground, especially to avoid depleting the soil and to control weeds, diseases and pests.

DESCENDANT: A plant or animal that is related to a particular plant or animal that lived long ago.

GREENHOUSE: A building with a transparent roof and walls for growing plants.

LIMESTONE: A sedimentary rock consisting mostly of calcium carbonate, which often includes the organic remains of sea animals, mollusks and corals.

LOAMY: A rich, soil containing an equal mixture of sand, silt and clay.

LOBE: A roundish projection or division, as of an organ or a leaf.

MAIZE: A tall annual grass that is cultivated for its yellow edible grains, which develop on a spike. Also called Indian corn.

MUCK: A rich dark or black soil made from drained swamplands.

PLANT BREEDER: An individual who studies and practices the science of changing the traits of plants for desired results.

Poisonous: A substance that is harmful or destructive and can cause injury or death to a person or animal by entering the body.

POLLINATED: Pollen has been transferred from a stamen to a pistil of a flower, or from a male cone to a female cone.

PRODUCTION: Total output of goods.

SANDY: Full of or covered with sand.

TEEPEE: A tent shaped like a cone.

TIBER: A short, thick, round stem that is a part of certain plants (such as the potato), that grows underground, and can produce a new plant.





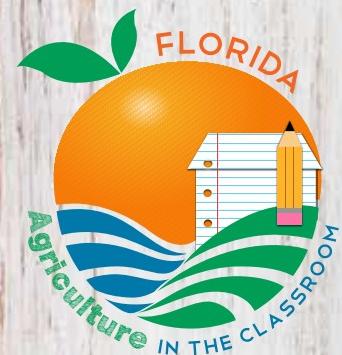
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